

GWAN TONG

AMY CHI
Hong Kong, China



滾 · 湯

gwán · tōng

These two Chinese characters literally mean boiling soup. To local people, this type of soup is different from 'lauh fó tōng' in terms of nutrition, medicinal value and the heart that the cook puts into making it. When preparing this type of soup, one simply boils the ingredients in hot water until they are cooked. An example of this type of soup will be boiling a green leafy vegetable, like spinach, with small slices of lean pork and tofu (bean curd), adding salt to taste. This soup takes about 20 minutes to prepare and be ready to serve. Normally, no Chinese herbs will be used and since the boiling time is short, this type of soup is considered low in medicinal value and nutrition. Given the time, effort and cost needed to prepare, such soup it is not highly valued by many local people, nor is the cook granted reverence as in the case when 'lauh fó tōng' is served.



Essential vocabulary:

Commonly (dried) ingredients in 'lauh fó tōng':

Yùhn-yuhk	longan aril (fruit)
Géi-ji	wolfberry (fruit)
Nàahm-haahng	Chinese apricot kernels (nut-like)
Bāk-haahng	Chinese Northern kernels (nut-like)
Mòh-fā-gwó	figs (fruit)
Maht-jóu	dates
Bín-dáu	hyacinth bean
Chek-siu-dáu	rice bean
Wàaih-sāan	dioscorea (Chinese yam)
Gēung	ginger
Gwó-pèih	mandarin peel
Nihn-jí	lotus seeds

The tone marks here follow the Yale system denoting Cantonese, a dialect spoken mostly in the southern province of Guangdong and Hong Kong, PR China.

Yale (tones)

High falling	à	Low falling	àh
High rising	á	Low rising	áh
Middle level	a	Low level	ah, àht
High level	ā, āt		